

Educational & Developmental Intervention Services (EDIS)

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What we offer:

- Free developmental screening and evaluation for children under age 3
- Comprehensive developmental screening at well-child visits with Pediatrics at the Hospital
- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills
- Services delivered at the EDIS clinic, family home, or at the child's daycare
- Resources for parents and children
- Rotating theme-based community playgroups
- Monthly newsletter

Our staff:

- **Dr. Nancy Barber**, Program Manager and Psychologist
- **Jeff Mullins**, Early Intervention Specialist
- **Cheryl Fishman**, Physical Therapist
- **Jenelle Vella-Burton**, Occupational Therapist
- **Jessica Kavanaugh**, Speech Language Pathologist
- **Conchita Cuvillo**, Secretary

Contact us:

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra
Phone: 727-4029

EDIS Play Group: BUGS!



Please contact Jeff Mullins at 727-4029 or by email jeff.m.mullins.ctr@mail.mil to reserve your place.

EDIS invites all 0-3 year olds from the Base community and their siblings to join us for our next Play Group:

BUGS!

Wednesday, May 25th

2:30-4:00



Have Feedback for your EDIS Team?

Do you work with a therapist you love? Would you like to provide feedback to help your team improve services? Do you attend Play Groups and have positive or constructive comments regarding EDIS? How are we doing? If you would like to leave a comment to praise or help improve our customer service, please stop by our office and ask for an ICE comment form or go to this link:

https://ice.disa.mil/index.cfm?fa=card&sp=129598&s=8&dep=*DoD&sc=11



May is Better Speech & Hearing Month!

What does a Speech Therapist do? Why might your baby or toddler benefit from speech therapy? Speech Language Pathologists (SLPs) prevent, assess and treat speech, language, social-communication, cognitive-communication and swallowing disorders. Some kids may have difficulty pronouncing certain words or sounds, or may need help learning to put words together. It can be a frustrating experience for a child if others cannot understand him or her. Some children may benefit from working with a SLP if they cannot understand what others say to them. Certain medical conditions can impact a child's speech and language including hearing impairment, weakness of the muscles around the mouth, cleft palate, vocal nodules/hoarseness, autism, and swallowing disorders.



Early intervention services are a federally-mandated program, available for 0-3 year olds who qualify, free of charge. During Early Intervention sessions, the SLP will get down on the floor with your toddler and play to build a rapport. The toddler will

be playing and having fun, and may not even notice that he/she is learning! The SLP will share tips with you for working with your toddler in between sessions since you—the parent—are the key to your child's language development. The SLP may come to

during therapy sessions and daily routines is invaluable to your child's success.

If you have concerns, that your toddler does not have as many words as he/she should or that you cannot understand them or that they do not understand you, discuss your concerns with your pediatrician or call EDIS at 727-4029 to make a referral.



your house weekly, but your involvement and participation as the parent

Post Partum Depression

While the arrival of a new baby brings joy and excitement to new parents, it is common to have the 'baby blues' including mood swings, anxiety, crying, or problems with appetite for the first couple weeks after child birth. Some mothers may experience more severe symptoms lasting longer in duration called post-partum depression. After childbirth, a new mother's hormone- both estrogen and progesterone- levels drop dramatically. Sleep-deprived and overwhelmed, a new mother may struggle to deal with minor issues, feel a loss of sense of identity or control, or experience increased anxiety. BOTH parents are at risk for depression after childbirth. If one or both parents suffer from postpartum depression, the child may have more emotional and behavioral challenges, such as with eating and sleeping. Some factors impact your likelihood of developing postpartum depression, including your individual situation and support network of family, friends & spouse; family history of depression; bipolar disorder; other stressful life events; difficulty breast feeding; or having an infant with special needs.

Go for a walk with your baby. Ask for help. Schedule time for yourself. Talk about how you're feeling and avoid isolation and substances such as alcohol.

It's important to seek help immediately if you've been depressed for more than 2 weeks, symptoms are getting worse or are impacting your ability to care for your baby or making it difficult to complete daily tasks, or if you're thinking of harming yourself or baby.

Resources on base:

Primary physician who may refer you to other specialist, 727-3606 or 727-3549
Dr. Nancy Barber, EDIS child, adolescent and adult psychologist, 727-4029
Fleet & Family, 727-3232

Mental Health Clinic, 727-3408
Chapel, 727-2915

<http://www.mayoclinic.org/diseases-conditions/postpartum-depression/basics/symptoms/con-20029130>